

OF INTEREST TO THE WOMEN

FROM WOMAN'S POINT OF VIEW

There are various opinions on the subject of a traveling wardrobe, but all agree that peace of mind demands as little as possible, as little as comfort will permit. It depends principally upon the object of travel as a social life makes it necessary to carry articles which would not be required for sight-seeing. I have a friend who goes abroad every summer with her husband and carries as little luggage as he, and she has the best possible time. They visit new places, sight-seeing. They put up at the best hotels, but are tourists only and so exempt from rules which govern the social life of such places.

They start with new clothing all through, so that they may remain in a decent state of repair till their return. Everybody knows that a man can girdle the earth and find a suit case large enough for his clothing, but women who think they can do as much are few. It means woven underwear and petticoats which will shed dust. It means waists which are easily laundered and cleaned and no superfluous garments. But it allows one to have luggage always at hand instead of depending upon porters, and it saves time, money, and anxiety.

I was struck with the good sense of two women who are neighbors of mine during the summer. They are mother and daughter, both with husbands, and both capital housekeepers. Their cottage was built to suit them, and is charming. It is completely furnished, and in the closets are kept the clothes which they wear when occupying it. They spend only week-ends and holidays there, because they prefer to remain with the husbands, who are men of business.

They bring some cooked food with them and buy more of the baker who calls each day, but they have no luggage because they have had the sense to have clothes and toilet necessities at both homes. Changing residence is easy and free from weariness. There is a woman who has been helping her husband take a vacation in installments, and she travels with a suit case and hand-bag. Sometimes they take a trip of two days and sometimes of five and she can be presentable wherever they put up because she carries a pretty frock of soft silk and shoes, stockings, and gloves to go with it.

Her husband declares that men would be more willing to have their wives as companions in travel if they could forget sex sufficiently to limit their wardrobe. They take too much time to dress to make comfortable traveling companions for men. They are not sufficiently adaptable to accept discomfort and poor accommodations and both cannot always be avoided even when money is abundant. The average man has a contempt for clothes beyond what is necessary and is fortunate in being allowed by custom to wear his clothes all they are worn out. He can be extremely comfortable in one suit for a long time. The average woman feels shabby unless she has at least one change and is afraid of criticism besides, so perhaps she is not so very keen about jaunts which limit her wardrobe to uncomfortable proportions. At all events that is the excuse husbands give when wives are left behind.

BETTY BRADEN.

AIDS TO HEALTH AND BEAUTY.

This is the season of the year to gain your lost vitality and infuse new life and strength into your worn-out tissues. Leave fat meats alone, but eat plentifully of meat once a day, if you desire it. Spread butter on liberally and indulge in new potatoes in cream gravy, stewed peas, cream soups, chocolate, and sweets. Avoid acid drinks, eat ripe fruit and cooked fruit, but avoid pickles and highly seasoned salads. Onions, radishes, and lettuce may be eaten, but tomatoes, unless cooked with butter and cream, are too tart. Butter milk is medicinal, a stomach corrective, and flesh builder.

Have as nice towels as you can afford, but pay less attention to the quality than to their cleanliness. There is little use of careful scrubbing if a half-solled towel is used for drying.

A skin whitening preparation that can easily be made at home is in the proportion of two tablespoonfuls of oatmeal, a half tablespoonful of powdered borax, and a half pint of rose water. Let the mixture stand three days, strain and add half an ounce of alcohol. The addition of the alcohol prevents the souring which is the drawback to so many oatmeal preparations. If preferred, instead of using oatmeal, it can be mixed with half this bulk of almond meal. Either of these washers makes the skin feel soft and smooth if rubbed on the hands or face after washing.

Do not drink cold water at meals. The sudden deluge on the food in the stomach chills it and prevents the digestive juices from acting freely, thus letting the food lie passive and causing indigestion.

Before going to bed the corners of the eyes should be massaged to help keep away crows' feet. For this the forefinger should be dipped in cream and rubbed in rotary motion about the eye corners, making the upward stroke harder than the downward. A little prevention such as this obviates a later cure.

If you want to get rid of superfluous weight dissolve four ounces of paraffin in a pint of hot water and take one tablespoonful three times a day before meals. This is a flesh reducer that is almost certain to bring about the results you desire, and should reduce your weight ten pounds in a few weeks.

THE BABY JACKET.

The girl who is fond mother, or aunt, or grandmother, who does knitting has the chance to become possessed of that fascinating bit of wearing apparel known as the "baby jacket." It is on the sweater order, but made loose and tied at the neck with a ribbon. It is white, usually, with a band of pink or blue or other color as a yoke, with the ribbon in the neck and around the bottom of the sleeves of the same color. It is, in fact, the exact counterpart, except for size, of the dainty garments that are worn by each and every tiny baby to keep off chance breezes and the like. College girls have shown a particular liking for them. In fact, it was probably in a certain woman's college that the fashion was definitely started. They are charming to slip on over a sheer white waist when it is cool in the early morning, out on the piazza, and the like. The touch of color is becoming, and they are more dainty, more feminine, than the regulation coat sweaters for wearing around the house. They are particularly nice to wear down to breakfast over one's morning frock in the fall, when it is often hard to get country houses sufficiently warm so early in the morning.

MORNING CHIT-CHAT.

THE MISSION OF FLOWERS.



There ought not to be any such thing as an unlovely home outside the city these next two months. For all the threadbare, barren spots of the poorest home may be covered and healed by beauty brought in from outside.

It takes but a very little time to bring some of the flowers that bloom in the fields and garden into the house.

And yet many a time I've seen the garden gay with rose and poppy, pansy and nasturtium, and the house flowerless or maybe lily decorated with one or two bowls of half-decaying flowers.

You haven't just the little time necessary? Then make it the children's daily task to keep the flower vases freshly filled.

Teach them to have a pride in it, remember occasionally to comment in their presence to a visitor on some tasteful arrangement they have made, and you need never have an empty vase as long as the flowers last.

And not only will you have beautified the house thereby, but you will also have curtailed Satan's proverbial chance of hunting up mischief for idle hands.

If you can possibly manage it—and it's worth while to try to make the time even if you have to leave a few scraps of dust on the mopboard behind the bookcase—go out occasionally with the children and help them gather the flowers.

Teach them harmony of color and grace of arrangement.

Perhaps in doing the latter a principle that an artist friend taught me may help.

"If possible, never rearrange flowers," he said. "Just as you gather them is nature's arrangement, and it is the best."

And if you do manage to make some of these little morning excursions with your children into garden or field, the chances are that you will bring back to your work something even better than flowers.

Don't be satisfied with a few vases. Have two or three in every room. Not just in the dining-room and living-room, but in every chamber, and the kitchen for good measure.

A vase of nasturtiums over the sink or a bowl of pansies on the kitchen table isn't going to make it any harder to do the dishes or fill the lamps.

So many vases cost, you say? How much? For 10 cents you can get a slim, tall glass vase that, filled with your peonies or roses, would be a fit ornament for a duchess's piano.

For 11 cents you can buy a blue Japanese bowl that, overflowing with your nasturtiums, wouldn't look bad on a queen's breakfast table.

And when you are picking the flowers that probably you've had too many of to half appreciate, don't forget the people who are unlucky enough to know how to appreciate a single flower.

Probably there is a flower mission handy ready to take anything you may give to those who need.

If there isn't, try at least once or twice this summer being a flower mission to some poor shut-ins all by yourself.

RUTH CAMERON.

A GLIMPSE INTO THE SHOP WINDOWS

From the New York World.

The New York shops are showing sweeping reductions in summer gowns and skirts. One lot of prettily trimmed cool-looking dresses were marked only \$1.25.

In separate coats for dressy wear the broadcloths are the most desirable. As usual, black is the leading color, but navy blue follows a close second.

Mothers are foolish to sew during these warm days when they can by boys' well-made knee pants in corduroy or woolen goods as well as in washable materials (khaki or white) for only 19 cents and a pretty blouse in either light or dark colors for 16 cents.

In the new coat models the one-piece back predominates. While not exactly form-fitting, the coats have very close front and back lines, brought about by the peculiar shaping of the side seams.

Children's and infants' neatly made white dresses of good material seem to be selling well at 47 cents.

Fur is used to a considerable extent on smart hats that are among the latest importations, and we are told that fur will be a popular trimming during the coming season, not only for hats, but also for gowns.

Very handsome tub belting sells at 49 cents. It has a scalloped edge, and comes in all colors of embroidery upon a white ground.

In dress fabrics there appears to be a strong demand for mannish suitings, especially in the serviceable dark gray mixtures.

Do not have your new coat less than forty-two inches long if you desire to be considered well dressed.

Read-to-wear hats, helmet shaped, in the rajah silk, with band and buttons, in any color, at \$2.45, are just the thing for modeling in all the shops, and these are the gray canvas, in various shapes, some of the new turned-up-on-the-side effect, that come in tasty combinations with black silk. Both are greatly reduced in price.

Poultard silk dresses at \$3.95 are certainly a bargain. They are nicely made in one-piece style, with vests of white tucked netting and Persian binding.

Very pretty evening wraps and capes are displayed in all the shops, and there seems a strong tendency toward the draped effects that are so popular in Paris.

TOOTHsome TRIFLES.

From the Chicago Tribune.

Try baking a pie shell and filling it with apple sauce covered with whipped cream.

Dip a slice of ice cream in melted chocolate before serving.

Or else put it in cantaloupe and garnish with cream.

Try using fruits and nuts for the middle layer of a brick of ice cream.

When you make chicken salad instead of using an upper crust, and see if you don't like the difference.

Use chocolate creams for a cake filling, or place them on top and frost all over.

Try making a layer hickory nut cake, and fill and cover it with whipped cream.

When you make chicken salad next time try using canned peas, cucumbers, or sliced apples instead of celery.

Make a layer of chicken by pressing first a dark strip of meat, then a light one, and finally dark again.

Cut celery in two-inch lengths, fringe each, and leaving a half-inch in the center, use as a garnish.

A novel way to serve pineapple is to cut the top and bottom from the fruit, cut around the side, clip out the center, and pile the slices up with powdered sugar, cut down the side of the pineapple shell, replace the slices, then the top, and serve.

LATEST FASHIONS.



LADIES' SEMI-FITTING COAT.

Paris Pattern No. 3006

All Seams Allowed.

This long-waisted model is suitable as a separate coat or as part of a suit and makes up well in broadcloth, serge, Venetian cloth or fancy worsteds. The single-breasted front is fastened with buttons of the material, in slanting design, and the wide belt is slipped through slits at the lengthened waist line. The shawl collar and lower edges of the sleeves are simply stitched, as are all the edges of the coat. The pattern is in 8 sizes—32 to 42 inches, bust measure. For 32 bust the coat requires 6½ yards of material 27 inches wide, 6¾ yards 28 inches wide, 6¾ yards 42 inches wide, or 3¾ yards 54 inches wide.

Washington Herald Pattern Coupon.

Name.....

Address.....

Size desired.....

Fill out the numbered coupon and cut out pattern, and include with the in stamps or coin, addressed to Pattern Department, Washington Herald, Washington, D. C.

THE OPTIMIST COLUMN

Thoughts on Compensation.

Contributions by members of The Washington Herald Optimist Club.

Lowell observed:

"For a cap and bells our lives we pay, Bubbles we buy with a whole soul's laughing."

"Tis he that is given away, 'Tis only God may be had for the asking."

No price is set on the lavish summer, June may be had by the poorest corner."

Whittier writes:

"And light is mingled with the gloom, And joy with grief; Divinest compensations come Through thorns of judgment merces bloom."

In sweet relief."

The law of compensation says that for every sorrow there is a joy; for every positive there is a negative. Where evil exists there is some good to offset it. It is not new; it is as old as creation itself.

Centuries ago it was expressed this way: "Whatever a man soweth that shall he also reap." 'Tis said how many try to ignore this great rule. Happiness is compensation for work; no work, no happiness.

The man who is doing good as he goes along, who is lending help, kindly counsel, and encouragement will find he is compensated, and as he journeys along through life he will also find the good he has done in the past has flourished and returned to him in greatly increased proportions, like the bread cast upon the waters. It is not only the good one actually gets for the good he has done, but it is the profit that comes in the way of happiness he gets for his action.

Give the world the best you have, And the best will come back to you.

—BRIDGES.

Only a little shriveled seed, With witherful tears for rain; Warm'd sometimes by a wandering gleam

Of joy that seemed but a happy dream; A life as common and known and bare As the box of earth in the window there; Yet it bore at last the precious bloom: Of a perfect soul in that narrow room; Pure as the snowy leaves that fold Over the flower's heart of gold.

Only a life of barren pain, With witherful tears for rain; Warm'd sometimes by a wandering gleam

Of joy that seemed but a happy dream; A life as common and known and bare As the box of earth in the window there; Yet it bore at last the precious bloom: Of a perfect soul in that narrow room; Pure as the snowy leaves that fold Over the flower's heart of gold.

—EDNA BENNETT.

Every cloud has a silver lining In the darkest night the stars are shining. S. E. ADKINS.

NEW BATH ROOM FITTINGS.

From the Chicago Post.

Every up-to-date bathroom is fitted with the little shelf of plate glass over the wash basin, to hold the glass bottles which contain the necessary toilet preparations.

New sponge bags are of rubber, covered with plaid silk, and closed with a double ball fastening like a wrist bag.

They are long and full with a pocket inside, and hold everything in the way of necessary toilet articles.

For children there is a little manicule set, containing two small jars of paste for polishing the nails, an emery board, and an orange stick. This comes in a compact little box.

Liquid soap has supplanted the cake variety in many homes, because it is tidier and more refreshing.

There are little brushes of all kinds, for the nails, eyebrows, hair, and teeth.

A rubber face brush is excellent to refresh one after a day of fatigue, and a jar of powdered pumice is another toilet essential.

MIDSUMMER FASHIONS.

From the Philadelphia Star.

Sequins play a large part in fan decorations.

Many summer coats are being lined with shantung.

Military straps are among popular sleeve trimmings.

The overskirt effect is seen more and more as the summer advances.

Some fancy sleeves have lacings and buttons carried up the entire length.

Pongee hats matching pongee costumes are the proper thing for late summer brides.

Hats will not be so large later in the season, as a consequence of the change in method of hair dressing.

TRAVELED WITH CALVE.



LADY JEAN NEYLAND.

Before her marriage, on July 28, she was Miss Jeanne Vermont, daughter of a wealthy silk manufacturer of Paterson, N. J., and a violinist of distinction, who got her education in Europe. Lady Neyland made a tour with Miss Emma Calve several years ago.

8th St. & Pa. Ave.
"THE BUSY CORNER"

Silk remnants,
Yd 15c

Worth up to 85c.

Majority are 75c and 85c a yard qualities. Include the following kinds:

27-IN. JAP SILKS. 26-IN. ALL-SILK PONGEES. 26-IN. FANCY PONGEES. 24-IN. MARQUETTES. 24-IN. LINING PONGEES. AND DIAGONAL PONGEES.

Lengths from 1/2 to 10 yards.

Only a limited quantity, and none will be exchanged.

Come early for best choice.

36-IN. ALL-SILK BLACK TAFFETA, can be used for linings and drop skirts. A regular 79c quality. Lengths from 1 1/2 to 7 yards. Special. 55c

Silks—First Floor.

\$3.00 and \$3.50
low shoes . . . 98c

\$1.00 barefoot
sandals, a pair, 59c

To close out quickly a limited number of odd sizes of \$3.99 and \$3.50 Low Shoes, we have filled one table with them and marked them at this price for to-day's selling. Lot is too varied for details.

In all sizes from 5 to 11. Some have turned soles, and some welted soles and the closed sides. On First Floor Bargain Tables.

Something Different

Sunday Edition

of

THE WASHINGTON HERALD

Not a Blanket Sheet.

The Sunday edition of The Washington Herald is continuously making new friends and gaining in the favor of a discriminating public, and the reasons for this ever growing popularity are numerous and valid.

In the first place, The Herald on Sunday is unlike any other Sunday newspaper, inasmuch as it does not carry the blanket news and feature matter which may be found crowding the pages of a great number of Sunday papers, thereby making them all look alike. In other words, when you read one of these blanket papers, you read them all; the news, the features, and the stories are all about the same.

The Washington Herald differs, in that it has followed a distinct line from its very first issue; it aims to study the individual taste of the reader, and cater to it with exclusive, well written, timely, and interesting articles, touching every subject in the realm of human effort.

A glance over the following list of reading matter which will be found in next Sunday's issue will convince every reader who pays attention to what he mentally absorbs of the undisputed superiority of the Sunday edition of The Washington Herald.

STUDY OF SECRETARY MacVEAGH.

James B. Morrow has a talk with the business man and philanthropist, who is now in charge of Uncle Sam's strong box. This Chicago man gives his views on several great social questions, and asserts that millionaires are sporadic creations, whose money will be scattered by the natural laws governing humanity.

READ THE OPTIMIST COLUMN.

GERMAN TRADE EXPANSION.

Rudolph DLe Zapp has a glimpse of the Kaiser as a trade promoter, and who is now arranging for an exposition of American products in Berlin next year, when Col. Roosevelt will be there.

THE SOCIAL ARBITER IS WORTH WHILE.

SECOND ONLY TO GEN LEE.

The Southern States have adopted the children of Gen. John B. Hood, a Nineteenth Century Knight.

SOUTHERN PROGRESS HAS A WORTHY EXPONENT.

MARRIES 'EM IN BATCHES.

Bristol parson thinks nothing of uniting three or four couples at the same time at his Honeymoon and Cupid Hotel, on the border between Virginia and Tennessee.

THE BEST SPORTING PAGE IN THE SOUTH.

The fiction contained in the Literary Magazine Section is of the highest class, and is each week getting a larger circle of friends for the paper. Next Sunday's stories are for midsummer reading.